

ABSTRACT

[0032] The invention relates to a composition and a method of administering a composition suitable for human consumption. In one embodiment, the composition includes a dietary acceptable amount of a first fiber comprising inulin and a dietary acceptable amount of a second soluble fiber. The composition is in beverage form having a viscosity on the order of 1.4 cp or less. A serving of the beverage may comprise a portion, including the entire portion of a daily predetermined amount of soluble fiber.